

Perfect Sautéed Carrots

Yield: 4 servings

PREP TIME: 3

COOK TIME: 7

INGREDIENTS:

- 8 medium carrots (1 pound)
- 2 tablespoons olive oil
- 1/4 teaspoon plus 1 pinch kosher salt
- 1 tablespoon chopped fresh thyme

DIRECTIONS:

1. Peel the carrots and slice them diagonally into rounds (on the bias).
2. Heat the olive oil in a large skillet over medium-high heat. Add the carrots and cover. Cook for 4 minutes without stirring.
3. Remove the lid, stir, and add the 1/4 teaspoon kosher salt. Continue to saute uncovered 3 to 4 minutes until browned, stirring occasionally. Remove from the heat and stir in the fresh herbs and a few more pinches kosher salt to taste. Serve immediately.

Nutrition Facts: Serving Size: $\frac{2}{3}$ cup, Calories: 110, Carbs: 11.83g,
Protein: 1.17g,
Fat: 7.05g

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